



Ijzeren Paal

Lommel 22.1.2023

Omega

Marc BRIERS

K.O.L.

Omloop : H:04

Afstand : 3920m

Tijd : 0:48:42 (12'25"/km)

8/13

O.K.

[Volledige uitslagen op Webres](#)

1. Nathan JANSEN	0:29:50
2. Wout BOECKX	0:34:49
3. Wim HOEKX	0:35:44

1.	133	00:03:42		354m	10'27"/km
2.	126	00:07:07	00:10:49	291m	24'27"/km
3.	148	00:07:27	00:18:16	592m	12'35"/km
4.	128	00:03:25	00:21:41	302m	11'19"/km
5.	149	00:04:10	00:25:51	274m	15'12"/km
6.	150	00:03:45	00:29:36	353m	10'37"/km
7.	151	00:03:50	00:33:26	347m	11'03"/km
8.	152	00:03:21	00:36:47	228m	14'42"/km
9.	131	00:02:20	00:39:07	224m	10'25"/km
10.	130	00:03:18	00:42:25	300m	11'00"/km
11.	153	00:02:01	00:44:26	201m	10'02"/km
12.	170	00:03:44	00:48:10	343m	10'53"/km
13.	999	00:00:32	00:48:42	106m	5'02"/km

HELGA

Orienteering Software